

Valley STAR



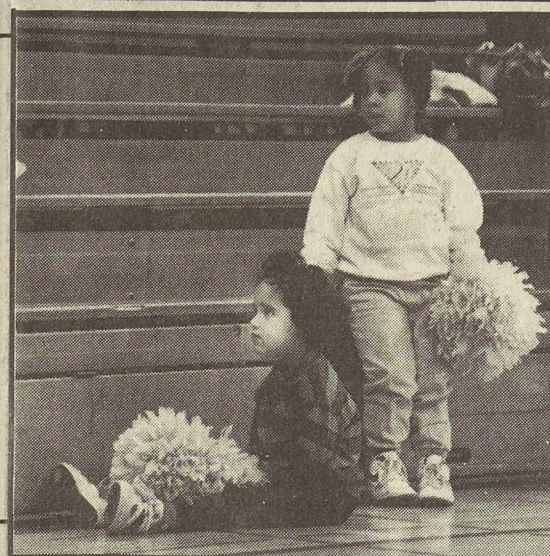
VALLEY COLLEGE
LOS ANGELES
VAN NUYS, CA

Cheerleaders

wait for
regional
playoffs



NANCY VIGAN / Valley Star



Storms
in
nursing require patience

Vol. 44 No. 16

February 21, 1992

Nurses need nursing

To give or not

By Steven Dunlap

Brenda Berg knew nothing about blood. Now she is an expert. Over six years ago she worked in a high-rise and hated her job. But that all changed when a colleague announced to the office, "I signed up the office to donate blood." As opportunity knocks, she answered and "the rest is history," said Berg, blood drive co-ordinator for the Red Cross.

Imagine your loved one is rushed to a local hospital. Upon arriving the blood supply is not enough. You can prevent this scenario by donating blood to the American Red Cross on Feb. 24 and 25, between the hours of 8:15 am till 1:00 pm in the Fireside

room in the Campus Center.

Blood donation services are celebrating their 50th anniversary. Their work and efforts are safe and non-harmful and are FDA regulated. To donate you have to be at least 17 years old and 110 lbs. and not feel ill (flu or sore throat). Red Cross uses sterile needles once, then disposes them.

Eat a big breakfast or lunch before donating and make sure you eat at least an hour before your appointment. Your body has 10 to 12 pints of blood. Red Cross asks for only one pint.

This year's blood drive goal is 80 pints, which at one pint per person in a school of 20,000 students seems easy doesn't it? We had a mere 76 pints last year. Pierce, our rivalry do-

nated 180 pints last year. Where is our competitiveness?

"It's not a sense of appreciation but an educational experience. People need to understand this when you're talking about donating blood. You're really talking about self-preservation," said Berg. "Self-preservation is the key to giving." Blood has only one source...people. Walk-ins are encouraged, but they will not be guaranteed a spot. A short wait could be necessary as opposed to walking in with an appointment.

When you donate you potentially save four people." If a sick person gives, the virus carries with the blood, and can make the receiver of the pint

• "The district is not giving LAVC its fair share of the district money."

By Raquel Vaccaro
Interview Editor

The nursing program is feeling the budget cuts. Many of the nursing students feel their needs are not being met. They are full of frustration, anger and concerns. They want to get on with their education and earn a living, but many are placed on a waiting list for fall registration. The deadline for the fall '92 nursing classes is April 15.

Since all the nursing programs are impacted, some students who have already completed their pre-requisites to enter the nursing program, will have to wait another year, or apply to other colleges. All other community colleges in our district are similarly impacted.

Because of the large increase of applicants over the past two years, there are unfortunately not enough teachers being hired to accommodate the students.

Mary Lou Davis, the chair of the Health and Science department, and the director of the nursing program says, "We have one of the finest nursing programs around, but I am concerned for all my students, because they cannot get the support courses they need to be accepted into the nursing program."

"The faculty of the nursing program fully supports the LAVC administration in their efforts and commitment for the students' needs and education," says Davis. "There is strong team work among the faculty and the students."

There cannot be more than 12 students per one instructor. Working in the hospital environment is not conducive to large classes. At the present time, the nursing program has 14 instructors, and one temporary position. Thus making the number of students far exceeding the number of seats available.

"I would like to have 15 full-time instructors, and if teachers resign, I would like to see them replaced," says Davis. The current underfunded policy at LAVC is not to replace instructors who resign.

"We have a wide variety of ethnic students and we are proud of them all," says Davis. "The problem is, many of our foreign students are here on short-term visas, and it is imperative to complete their schooling in a limited time frame."



VLADEN HOLEC / Valley Star

Jim Marrin of the art department sets up the new installation in the art gallery.

ART GALLERY CELEBRATES FIRST OPENING OF SEMESTER

By Chris Mayda
Editor in chief

From Stickley furniture to a wooden doll by an unknown Nigerian, the Art Collects Gallery exhibition opening on February 20 satisfies a range of eclectic tastes tastefully.

Curator Jim Marrin of the art department has spent the past two months putting the show together. The show has artwork from the collections of the art department faculty. Many of the faculty have been collecting for 20 years or longer. Marrin has been collecting furniture, pottery and photos mostly from the Arts and Crafts period at the turn of the century, although he started collecting baskets from the north and southwest Indians. Tom Mossman, art teacher, says he has been collecting for 12 to 13 years although "it's more difficult to find things today than when Jim [Marrin] started years ago." Mossman also collects Arts and Crafts furniture and artwork. He contributed a Stickley Rocking chair with inlays along with several pottery pieces.

June Harwood, painting instructor, contributed several African pieces as well as a mask from New Guinea that she had just purchased from a private source. "This is my

newest piece," said Harwood, "Well, not new," she smiles, "let's just say it isn't airport art." Harwood says, despite her collection of primitive African pieces, she hasn't been to Africa but "The biggest collectors in town haven't been there either."

As Mossman inspected the mask he began to pick at the dirt clinging to the basketry of the mask. "Don't pick at it!" said Harwood, "That mud is a part of it." Several of the primitive artworks are covered with dirt and dust, adding charm and an air of authenticity to the pieces.

Harwood also has a fine collection of lithographs from such artists as Jose Cuevas, and Philip Guston. She obtained these fine lithos from her late husband Jules Langsner, noted art critic.

Marrin has a collection of photos that he purchases while rummaging through swap meets. He pointed out one picture, Laura Adams Armer, The Close of Day. "I found this at the Long Beach swap meet," he said. "It was a wreck. I had never heard of her." But after looking in a book he found that though the picture needed restoring badly, it was worth it. He

Please continue on page 5



NANCY VIGAN / Valley Star

Burbank Blvd. flooded into parking lot H, Wednesday, Feb. 12 as students tried to exit when school closed due to heavy rains.

Valley closes for first time in eleven years

By Robert Finkel
Political Editor

LAVC President Mary Lee suspended classes and ordered the campus closed last Wednesday morning as the second major rainstorm in three days drenched the Los Angeles area.

The school's closing also forced postponement of the spring semester's first issue of the Valley Star, as well as two basketball games.

In a brief interview Wednesday morning, Dr. Lee explained that following a meeting with all top administrators to consider the ramifications of the increasing rainfall, the most prudent course for all concerned would be to immediately evacuate all staff and students. "It was especially important to consider how to handle the situation in the child development center, and the dayschool," she said.

It was the first time in her eleven-year tenure as President of LAVC that the school was closed due to an emergency. Interviews with several professors of varying tenure indicate the college has not had to close for emergency rea-

sons in at least the last twenty years.

Plant manager David Ogny's office reported that there was no damage to the school, but that "the main thing was to get the students out of here and home safely."

Ogny's office assisted Police Captain Karl Traber's forces in going to classrooms throughout the school, informing instructors and students that the school was closing, and locking up buildings. The entire campus was shut in about a half an hour. Captain Traber, also interviewed Wednesday morning as the evacuation concluded, cited serious concerns that required the closing. "We are hearing forecasts of one-and-one-half more inches of rain in the next hour. We are very concerned about the possibility of flooding from the Sepulveda Dam. Staff and students that live West of LAVC need to be given this opportunity to drive home safely. Also, should the Dam flood so badly that residents between Sepulveda Boulevard and LAVC need to be evacuated from their homes, the campus is designated to be a shelter," Captain Traber said.

As Captain Traber spoke at the Police office, a television news program "Special Report" in the background showed flooding, devastation, and even death, the first fa-

NEWS SPECTRUM

BLACK STUDENT UNION BLACK HISTORY MONTH

ATTENTION! The Black Student Union will be having our annual Black History Month Celebration on Wednesday, February 26. It will be held in Monarch Hall and till begin at 10 a.m. There will be vendors present selling African art, T-shirts, calendars, etc. And yes...food will be available. So let's support black business and make sure you are prepared...because this will be the best food and the finest art available in L.A.



By Eva R. Yelloz Opinion Editor

Martha Dandridge and Barbara Pierce have a date and a mates name in common. They also have been known to be simple, basic and elemental women. In fact once Martha was mistaken for her maid. Although there are two centuries that separate their lives, too many other facts bring them as close together as sisters.

Martha and Barbara were both married on January 6th. (Martha in 1759 and Barbara in 1945.) They both married men named George...Washington and Bush, respectively. And funny thing, they both became wives of United States presidents.

I doubt if they bought their husband's clothes in the same shop. Washington wore a dark brown broadcloth suit purchased from an ad for his inauguration. Bush must have worn a designer piece. Although they were both over six feet tall, one needed a full-cut and the other a slim. Being such big men, their countrymen looked up to them.

American people have been seek-

ing out the same profile in their presidents for over 200 years. They look for a father figure, a leader and a symbol of power. Americans don't look up to poor men, only to the rich.

Both Georges were born into wealth and had privileged childhoods. Washington was privately educated while Bush attended the prestigious Greenwich (Connecticut) Country Day School. They had backyards that were bigger than some parks we frolic in on weekends. Our first president was an excellent mathematician and later became a surveyor. Our forty-first majored in economics at Yale and went on to become a Texas oilman. Each man excelled in sports and enjoyed the outdoors. They share the same taste in food too. Both the Washingtons and the Bushes are famous for their picnics, barbecues and clam-bakes. Their homes were always open to informal entertaining of guests. Washington was known to be kind to his slaves, which usually numbered eighteen. However, at one time in his life he paid tithes for forty-nine. Bush grew up with a maid, cook, handyman, and a gardener who also doubled as a chauffeur. Both men married well. Martha Dandridge Custis was a young widow with two children when Washington married her. Her husband had left her with land, money and slaves. This added perk helped him remodel and make substantial improvements to Mount Vernon. Bush married a Pierce. Her father was the publisher of *McCalls* and *Redbook* magazine. Not bad, huh? Every strong man needs a

rich woman behind him.

Washington was a military man from the beginning, a true patriotic fighter who went to the front with his men. More than once he had his horse shot dead out from under him and bullets passed through the thick cloth of his uniform coat. Bush enlisted in the Navy on his eighteenth birthday, either because he was patriotic or he wanted to get away from his domineering father. We'll never know. One thing we do know, he did not fight on the fronts with his men. He stayed in the White House and watched as Desert Storm progressed on his television set with the rest of the American people.

In his farewell address that was published but never delivered orally, Washington warned against permanent alliances with foreign powers, a big public debt and a large military establishment. He also warned about the devices of a small, artful, enterprising minority who would control or change government. Washington was "First in war, first in peace, and first in the hearts of his countrymen." We haven't heard Bush's farewell address yet, that might take another five years. But one thing for sure, he has not lived up to his childhood nickname "Have-Half." As a boy, he always shared everything he had with his older brother, and offered half to his other siblings, too. As for Martha and Barbara, they will be remembered as first ladies of the presidential Georges...first, forty-first, and forty-second?

A DAY FOR PRESIDENTS

SHABAZZ, Ismail

Civil war; white southerner versus white northerner. A desperate leader seeks a way, anyway, to resolve a conflict threatening to tear asunder his nation forever. Slavery was not an issue on the mind of the 16th president. It was merely an impediment in reuniting two fiercely warring factions. Abraham Lincoln did not free the slaves, but his proclamation was a death blow to the junta of Jefferson Davis' South.

Fabricated propaganda says that on Jan. 1, 1863 Lincoln issued the Emancipation Proclamation releasing all African in America from bondage.

Truth is, the document was a temporary measure designed to release slaves only in Confederate held states, not to release those in states loyal to the Union, nor of the sections of slave states under Union authority.

This proclamation was made to free less than 200,000 of the 4 to 12 million slaves, and was merely a war tactic used by the commander-in-chief.

Lincoln did not release slaves out of kindness, nor for love of humanity. In his words, stated Aug. 22, 1862, "My paramount objective in this struggle is to save the Union, and is neither to save nor destroy slavery."

He continues, "If I could save the Union without freeing any slave, I would do it and if I could save it by freeing all the slaves, I would do it and if I could save it by freeing some and leaving others alone, I would also do that." The latter proved true.

Lincoln doubted the constitutionality of the proclamation, knowing that after the war those released would, again, lose their God given right to freedom. This knowledge set the stage for the addition of the Thirteenth Amendment (abolition of slavery) to the constitution, which Lincoln supported but was assassinated before its adoption.

The President's response to the Crittenden Compromise of 1860-61 supports the fact that Lincoln did not care

one way or the other for the freedom of the slaves. The Crittenden Compromise was introduced to Congress after South Carolina seceded from the Union and in an effort to prevent other states from doing the same, the compromise included six proposals to become constitutional amendments. Two of which were: guaranteeing slavery forever in the states where it already existed; dividing the territories between slavery and freedom. Lincoln opposed only the second proposal.

President Lincoln had plans to rid America of Black slaves. One plan was through compensated emancipation where slave owners would be paid \$300 per slave. Abolitionist opposed saying slave owners did not rightfully own the humans and should not be compensated. This pressure caused the plan to fail.

Another plan was to colonize the Africans into Panama and the Caribbean. The president, having the approval of Congress, summoned to the White House some prominent Negro leaders to address the issue of colonization. In Franklin and Moss, Jr.'s *From Slavery to Freedom*, Lincoln says to the Negroes, "Your race suffer greatly, many of them, by living among us, while ours suffer from your presence. In a word, we suffer on each side. If this (suffering) is admitted, it affords a reason why we should be separated." Most of the Negro delegates did not agree to this plan, the president had been foiled again.

One could say we Blacks are responsible for our condition in this country for not leaving when the opportunity was offered, and for depending on leadership and organizations like the National Association for the Advancement of Col-

ored People, whose very existence depends upon our continued mistreatment and oppression by the people and government of America.

Lincoln feared incorporating millions of decivilized, mostly illiterate slaves into a society where non-whites are perceived as savage would be a catastrophic, if not fatal, endeavor. Judging by his end and the present condition of Black America, he was correct.

Much time need not be spent on America's first president, George Washington. His case involves the use, purchase, and inheritance of slaves, some reports say he owned up to 300. However, records indicate that Lawrence Washington, George's brother, died in 1752, leaving his 2,500-acre Mount Vernon estate in Virginia, including 18 slaves, to 20-year-old George.

Between 1752 and 1760 Washington bought an additional 31 slaves to care for his estate which he, by 1786, increased to 8,000 acres and enlarged the home.

The government of America has always opposed tyranny and on that ground sought freedom from its colonizer, England, all the while America practices tyranny where Blacks are concerned. In one instance, using slaves in the Revolutionary war and denying them independence. Another method is employing the descendants of those slaves in numbers disproportionate to a population of 12 percent Black in America, to fight wars in order to maintain world supremacy. Happy Presidents' Day.

As Salaam Alaikum

BLOWING SMOKE

As an unadulterated American, who values life, liberty and the pursuit of happiness, I would like to relay to you information which may prove valuable. It may help you better understand the issue of legalizing marijuana.

I would like to cover three aspects of marijuana, and their possible effects on our culture. The aspects I would like to discuss are: environmental, medicinal and nutritional.

In 1619, America's first marijuana laws were enacted, making it mandatory for all farmers to grow marijuana. In fact, until the early 1800's, cannabis was legal tender in most of the Americas. You could even pay your taxes with marijuana.

Did you know that your presidents, George Washington and Thomas Jefferson, grew marijuana on their plantations? Benjamin Franklin started one of America's first paper mills with cannabis, allowing America to have a colonial press, free from England.

In addition, according to Cohen, Sidney and Stillman in *Therapeutic Potential of Marijuana* (1976), various marijuana extracts were the third most prescribed medicines in the United States, being sold legally through the 1930's. During this time, there was not one reported death from cannabis medicine, and virtually no abuse or mental disorders were reported, except for first time users becoming disoriented or overly introverted.

Today, according to *Popular Mechanics* magazine, if marijuana was legally cultivated, it would be the single largest agricultural crop in the United States.

Over a 20 year period, one acre of cannabis would produce as much pulp for paper as 4.1 acres of trees being cut over the same period of time. Marijuana provides four times as much pulp and five times less pollution than trees, since chlorine bleach is not used, as it is with wood pulp. Yet, today, marijuana is essentially illegal.

Despite popular opinion, fossil fuel is not synonymous with energy. Marijuana can replace every type of fossil fuel energy product. When marijuana is grown for biomass, (biomass are items such as cannabis, corn stalks and used paper), CO2 is breathed in by the living plants. The leftover oxygen replenishes the air supply. So, when the cannabis is burned for energy, CO2 is released back into the air. This is the true

meaning of maintaining environmental balance.

In about 10 years, when our petroleum resources have dwindled to 20 percent of their original size, America will have four choices: burn all our poisonous coal, go to war over foreign oil, cut down our forests for fuel or - grow and process a variety of environmentally safe fuels from biomass.

Why, farming only six percent of the continental United States with cannabis would provide all of America's energy needs, ending our dependence on fossil fuels. Marijuana is the only biomass source available that is capable of making the United States energy independent.

Next, we have marijuana as a medicine. According to Dr. Raphael Mechoulam [Omni magazine, Sept. 1982], if marijuana were legal, it would immediately replace 10 to 20 percent of all pharmaceutical prescriptions. Up to half of all medication could contain some form of cannabis extract after marijuana has been fully researched.

Before aspirin was rediscovered around 1900, marijuana was America's number one analgesic. Research has revealed positive indications when using marijuana for asthma, glaucoma, nausea from chemotherapy, anorexia and tumors, as well as a general use antibiotic. All of these indications merited further clinical studies.

Marijuana smoking would be beneficial for 80 percent of 15 million American asthmatics. American doctors of the last century wrote in medical papers that asthma sufferers of the world would "bless" Indian Hemp, marijuana, all their lives. Today, no Californian receives or uses legal marijuana for asthma. Dr. Donald Tashkin, with the UCLA Pulmonary Studies, said in 1989 that taking a hit of marijuana has been known to stop a full blown asthma attack.

Marijuana smoking would also benefit 90 percent of 2.5 million American glaucoma victims. Cannabis is twice as effective as any current medicines for reducing ocular pressure. There is also no toxic side effects to the liver or to the kidney as there is with legal drugs. As far as I know, no Californian receives legal cannabis for glaucoma, even though California law allowed for experimental marijuana medicine from 1979 to 1989.

effective prescription sleeping pills, like mandrake, are often just synthesized copies of truly dangerous plants.

Finally, we have marijuana as a food source. Marijuana needs to be recognized as a vital and primary link in the life sustaining food chain. It is Earth's premier renewable food source. The marijuana seed is a complete source of vegetable protein.

One almost instant benefit is that all farm animals and poultry could be fed a nearly complete diet with just protein and fat extracted from the marijuana seed. This would allow animals maximum weight gain for less than current costs, without using steroids and other drugs that now poison the human race and the food chain. Actually, marijuana seed cake was one of the world's principle animal feeds until this century.

Marijuana seed can be ground into meal, cooked, then sweetened and combined with milk to produce a nutritional breakfast porridge. Because marijuana seed contains human tissue protein in similar proportions found in blood plasma, it may well be the most complete vegetable source of protein on earth.

Remember, marijuana is a hearty plant that grows almost anywhere, even in adverse conditions. Did you know that Australia survived two prolonged famines in the nineteenth century using nothing but marijuana seeds for protein and marijuana leaves for roughage.

By itself, widespread use of marijuana seed food protein could save many of the world's children now dying of protein starvation.

With the legalization of marijuana, we would easily see the eventual end to our dependence on fossil fuel, a return to an environmental balance, promising medical research alleviating multiple disorders and a food source which could make vast inroads into relieving world-wide starvation.

Isn't it time we put our hypocrites aside and work on bettering the only world we have?

Marijuana also lowers blood pressure and relieves stress. Evening marijuana smokers generally report more restful sleep. Safe, legal and

Meet the Press



Eva Yelloz
Opinion Editor



Nancy Vigran
Photo Editor

Fascinated by the world situation and how it affects local issues, Eva Yelloz brings a new vision to shaping the opinions of the Valley Star.

Her background is in travel promotion and literature interests. The only question is, is she opinionated enough for this job? Don't ask her!

A journalism major, Nancy Vigran's writings are not entirely for the birds. She's been published by numerous pet industry magazines and freelances for the American Federation of Aviculture (birds raised for pet purposes.) She's recently written and photographed the bird collection at the Playboy Mansion. As far as her goals...the sky's the limit.

Just a thought...

By Robert Finkel Political Editor

You might think that if a journalist came within a few percentage points of beating President Bush in the Republican New Hampshire primary, fellow journalists across the country would be proud, if not ecstatic; after all, for a person in a profession other than that of politician to make a credible showing in a primary against an incumbent president is pretty impressive!

By now I hope you know it's Patrick Buchanan that did this on Tuesday night. Buchanan, the McLaughlin Group regular with a conservative pedigree angers a lot of people. But he is the best chance to damage President Bush early in the nomination process and replace him before the Democrats have to face him in November.

But most journalists speak and write negatively—to say the least—about Buchanan. In a word, he's not politically correct. But that's the state of the art in journalism these days, and it's a shame. Buchanan is no more anti-Semitic or racist than President Bush. That may not be saying a lot, but you would think Buchanan is left over from the Gestapo high command.

Another reason that it's important to Californians that the primary season remain undecided as late into the spring as possible: that way, the California primary might actually mean something.

★ LETTERS ★ LETTERS ★ LETTERS

The *Valley Star* is happy to receive and, if possible, publish letters from its readers.

The *Star* reserves the right to condense all letters for space considerations. Submitted letters should be limited to 350 words. Letters are subject to editing if they are obscene, libelous, or make racial, ethnic, religious, sexist, or sexually oriented denigrations.

Letters should be signed and, if applicable, include student's major and ID number. Letters may be presented to the *Valley Star* office, Bungalow 25, by Monday morning for the following Thursday.



FIRST AMENDMENT

The First Amendment to the U.S. Constitution guarantees the right to a free and independent press, which is protected from undue political forces and restraint. Within the sphere of presses in colleges and universities, administrations at such institutions must preserve and protect the integrity and honesty of such presses. Any undue influence by any special interest group or university administrator or faculty person to change, restrain or censor editorial copy is nothing less than a complete abridgment of First Amendment rights.

Valley Star

Published each Thursday throughout the school year by students in the advanced writing, editing, photography and typesetting classes of the journalism department.

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ACP Pacemaker Award Winner:
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CPNA Prize-Winning Newspaper:
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Raquel listens to... a nurse

By Raquel Vaccaro
Interview Editor

You can put all your trust and hopes in Rhonda Flynn's hands. I know. I did. Three years ago I was hospitalized with a life threatening illness. Our paths met. It was then I realized how important a nurse is. Flynn has been a licensed registered nurse for 10 years. She is a graduate of LAVC.

Q. What made you decide to enter the nursing field?

A. Having so many friends, nurses, who I admired. I wanted to be a part of it all.

Q. What is the difference between a licensed registered nurse (LRN) and a licensed vocational nurse (LVN)?

A. After completing your required classes, additional schooling for LRN is two to four years. Schooling for LVN can be done in one year. LRN'S work directly under the doctors. LRN's are the team leaders, telling the LVN their duties. The LRN can also take more part in the patient care.

Q. I have noticed in the past five years there is a growing number of male nurses. True?

A. Yes. In fact I work with a lot of male nurses and I love them because they seem to be more vocal than the females. Many patients also ask for a male nurse.

Q. How competitive is the nursing field today, Rhonda?

A. The hospitals are doing the competing between each other for the nurses. At this time there is a great shortage of nurses. For the LAVC students entering the field now is the right time. The world desperately needs nurses.

Q. What is the average pay for a beginning nurse?

A. \$21,000 to \$25,000 per year.

Q. What is the best part of being a registered nurse?

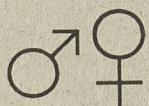
A. Five important words, "helping the patient get well".

Q. What is the worst part?

A. Working holidays, week-ends and double shifts.

Q. Is there really competition between the nurses and the doctors? If

Do nurses really marry doctors?



there is how do you get around this?

A. Yes sometimes there is, but you must never diagnose for the doctor. I offer "friendly suggestions" to the doctors.

Q. Are the health benefits better for nurses? A. No, they are pretty standard.

Q. What did you not learn in school that you were not prepared for in the hospital?

A. LAVC nursing students, please remember, "organization." If you're not organized you will never go home after your shift. There is a lot of paper work to be done. Prioritize your patients and the work that goes along with taking care of them. Also think ahead and move quickly when making your rounds. Meaning, take all your supplies with you, so you are not running back and forth to the nursing station. This is the biggest mistake I see new nurses making. Q. How important is speaking another language?

A. Very! You can just about pick and choose your hospital.

Q. With the AIDS virus, how are the nurses protecting themselves?

A. The AIDS patients are always treated the same as any other patient. We wear gloves with everyone.

Q. How many patients can you expect to have?

A. I work on the medical surgical ward at night and I have 10 to 11 with the help of an aid.

Q. Is it really important to specialize, and why?

A. Yes m'am! Specializing pays twice as much. The more education you have, the more pay.

Q. What if you are not sure what to

specialize in. What is your best advice can you give the students?

A. Try volunteer work or work part-time as a nurse's aid.

Q. What are the advantages of working in a larger hospital?

A. Great advantages! The larger hospitals have all the newest equipment, more specialized programs, the latest technology and more job openings.

Q. My readers will want to know, do nurses really marry doctors?

A. How funny! Sorry Raquel, that is the exception rather than the rule. Most of the doctors marry in medical school.

Q. When you first saw death how did you react?

A. I put cold water on my face, then I felt relieved knowing the patient is at peace. Death is something you get used to.

Q. More advice for my readers, please?

A. Never, never guess about anything. Always ask someone - your honor bound to do so. Nurses are never alone. Nursing is a very respected profession and a close knit family. The students are entering a very important field.

Q. What does it take to be a nurse?

A. Nursing is not for everyone. It takes a special person to want to become one. You must have patience, understanding, common sense and the ability to listen to people.

Q. Do nurses experience burnout?

A. Yes, and when they do, they need to sit back, take a deep breath, maybe take a day off, maybe work part-time for a while. There are many support groups for nurses.

Q. What do you think of the television program "Nurses"?

A. Please, it is for entertainment purposes only!

What a interview with this loving and understanding person! The more time I spent with Rhonda Flynn, the more respect I will always have for nurses. See you next week!

By Brian Price

"Ouster of all Japanese in California" read the headline of the San Francisco Examiner in January 1942 foretelling the the forced evacuation of an entire race of people from the west into concentration camps for the duration of World War II.

President Roosevelt issued "Executive Order 9066" on Feb 19, 1942 authorizing the exclusion from military areas of any or all people. Although not specifically named, in practice only people of Japanese ancestry living on the West Coast of the United States, not including the large Japanese population in Hawaii, were interned.

Fifty years ago this month, 70,000 American citizens were given less than a week to dispose of their personal belongings and ordered to take only what they could carry to temporary detention camps. Two such camps, one at Tanforan horse race track south of San Francisco and another at Santa Anita horse race track near Los Angeles, housed detainees in horse stables, swept of horse manure, and flimsy temporary structures.

Along with 40,000 permanent residents, all unable to become U.S. citizens by a 1790 law allowing only free whites to be naturalized, they were forced to live in inhumane conditions for months before being transferred to unfinished permanent relocation camps throughout America. Dating from the "The Bear Flag Rebellion," which established California as an independent state, dark-skinned peo-

50 YEAR REMEMBRANCE



...in Los Angeles, 3,000 people were ordered to evacuate...in just six days.

race. White people's unfounded fear of Asian peoples overrunning the West Coast grew into what was called the "Yellow Peril". Many newspapers and organizations fed the fires of racism and eventually led to another race of people to lose their freedom as guaranteed by the Constitution of the United States.

The March 30, 1942 "Civilian Order No. 1", the first of many evacuation orders issued by Gen. J. L. DeWitt, began the forced evacuation of all people of Japanese ancestry, including 70,000 American citizens, from the Western United States. That day, in Los Angeles, 3,000 people were ordered to evacuate the Terminal Island area and assemble at Santa Anita Race Track by April 5th, just six days.

By the end of World War II, more than 120,000 people from California, Arizona, Oregon and western Washington were forced into ten relocation camps. From Manzanar in California to Rohwer in Arkansas. The last of those camps at Tule Lake Calif was closed on March 20, 1946.

In the "Korematsu" case, ruling 6 to 3 on Dec 18, 1944, the U.S. Supreme Court upheld the validity of the evacuation orders given by the army, saying they were constitutional given the emergency at hand. The three dissenting Justices Murphy, Roberts, and Jackson condemned the "legalization of racism".

ples were not considered Americans in California. A long tug-a-war between agricultural interests wanting cheaper labor and immigrant Irish dominated labor organizations resulted in discriminatory immigration laws aimed at Asian peoples.

First the "Chinese Exclusion Act" of 1882 and later the broader "Oriental Exclusion Act" of 1924 restricted Asian immigration on the basis of

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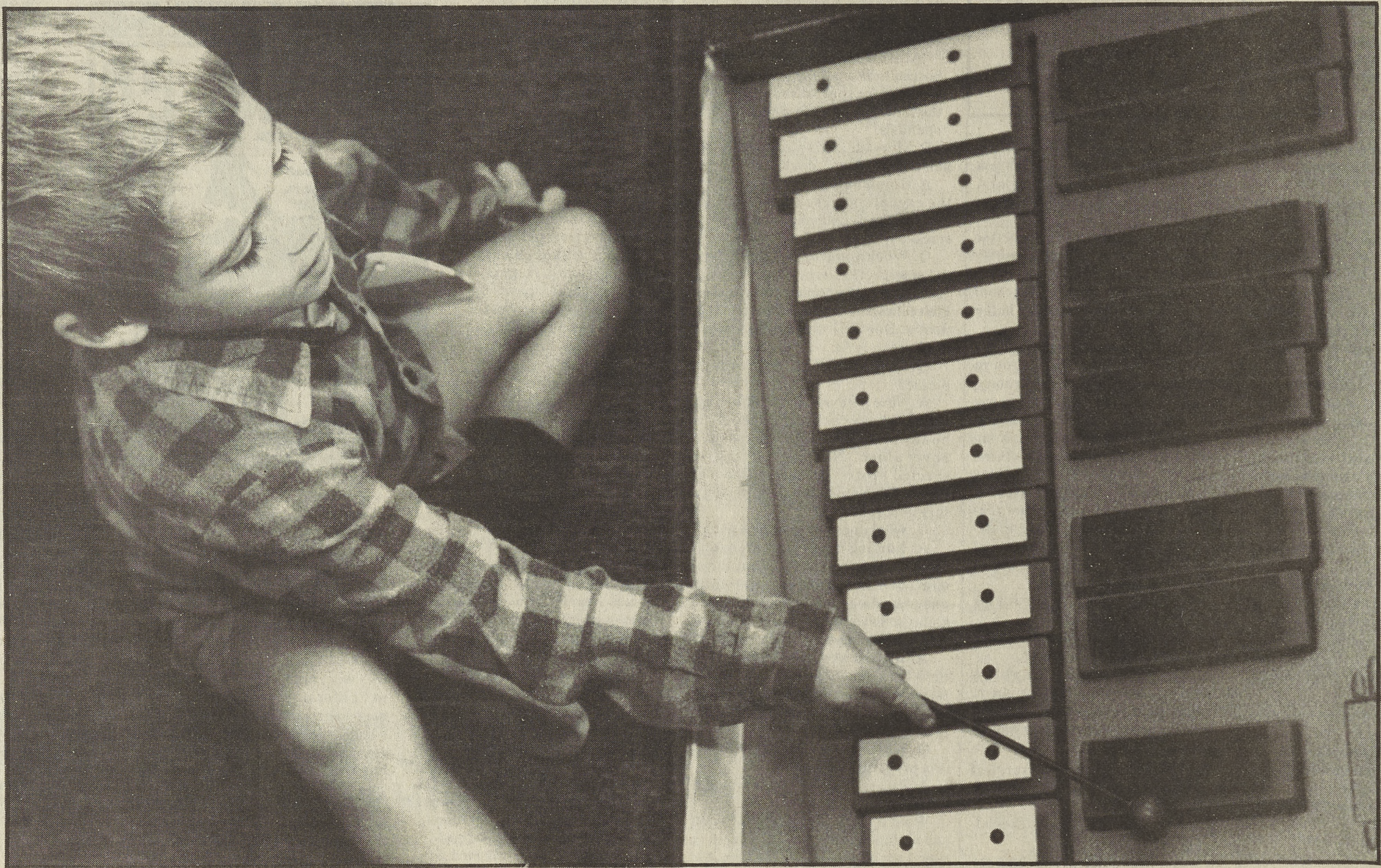
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From delight to wisdom



FUTURE PERCUSSIONIST — Edward Brecht, a student in the child development center, explores tones and rhythm with tone blocks.

Sitting on the edge of the vast asphalt parking lot of LAVC is the Valley Campus Child Development Center. The shrubbery growing behind the chainlink fence conceals the center's existence. It appears as if nothing is there at all. But looks can be deceiving. As you pass the gate, you enter into another world; a world of children playing, having fun and learning.

Greenery is abundant, with two bungalows neatly divided by grass, sand and play areas. On one of many tables a three-year-old boy is building a tower with *Legos*. Half a dozen children are working together in the sand to build a play structure from giant red, yellow and green waffle blocks. In a nearby playhouse, a four-year-old boy and girl are preparing a make-believe lunch of "sand patties."

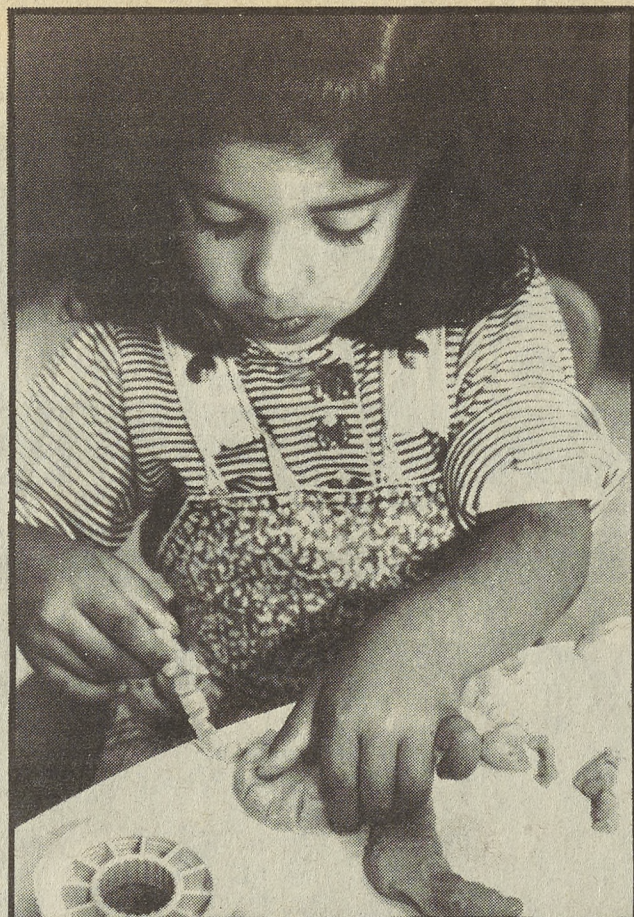
In one bungalow, a class of 10 five-year-olds wear different hats while they make enthusiastic hand motions and motor sound effects for an imaginary trip to Disneyland.

Since 1975 the Valley Campus Center has been operating preschool for children of students attending Valley College. Early childhood majors at LAVC act as assistant teachers and use this facility as an on-site observation training ground. The lead teachers all have masters degrees in child development and are part of the college faculty. The center focuses on learning through play, children making choices and socialization.

Larry Merkle, director of the center, says, "Through play children get a foundation for formal learning. They learn to interact with other children, make choices about what they want to do and find out what works and what doesn't to learn from mistakes in a positive way. Through play, children develop a strong self-esteem that will get them through life. If they feel confident about themselves, they will be successful in school."

Experts in early childhood education believe that play allows for the development of a wide range of experiences, so what is first grasped through action can later be learned anew through thought.

Play is a happy activity, beginning in delight and ending in wisdom, forming the essential foundation for the creative, emotional and later intellectual growth of a child.



MAKING DOUGH — Playdough, being malleable, can be used imaginatively to make many objects, as Sara Tehrani is doing.



SOCIETY'S CHILDREN — Alyssa Boebel (left) and Kimberly Nunneley play "dress-up".

Photos and
text by
Sharyn Cadia



SING-A-LONG — Lead teacher Barbara Sklar-Danon, encourages her students to enjoy music by using their voices.



BUILDING BLOCKS — Nancy Douthard talks to her friend while building a play structure.

Restaurants

FOLLOW YOUR HEART

By Sharon Felton

Walk through the sliding doors past the check out counter. The first aisle contains natural cosmetics, hair products, and vitamins. Approach the books on health care and cooking and turn left. Pass the dairy and non-dairy frozen dessert case on the left and the natural soda on the right. Head straight for the counter and find the board listing four or five soups of the day marked "D" for dairy or "ND" for non-dairy ingredients. The host or hostess leads you to a table or there is a wait. Usually there is a wait.

Business people in suits make deals, next to parents and children in the restaurant. Senior citizens socialize while teenagers discuss the latest music and fashions. Athletes dine next to political activists. The businessmen discuss why the recession has not hit Follow Your Heart Cafe.

Why is a vegetarian cafe located in the back of a supermarket so popular? The answer is because it is good.

It is good, because it has something everyone can benefit from. There are no preservatives, artificial chemicals, or animal products (except dairy) in the food. Everything from soup to dessert is marked "dairy" or "nondairy". Most items are low in fat and calories. Most foods can be ordered with or without certain ingredients to comply with special diets or preferences. Pasta in marinara sauce, salads, tofu burgers, and juices, foods that meet the standard set by the American Heart Association's "Dine To Your Heart's Content" Program.

The food lacks meat but not flavor. The soups are thick with vegetables and little liquid. The curried Indian dal has lentils and onions. The cheese enchilada soup has a peppery taste and contains whole olives. It tastes like enchiladas. The vegetable soup is a mild tomato base with chunks of everything from mushrooms to zucchini. The soups are all fantastic and vary in variety from day to day. They come with entrees for a dollar extra.

The salads are huge bouquets of red cabbage, carrots, greens, and alfalfa sprouts. Five dressings are offered. Other salads include tofu and Thai black beans. They are priced at about \$4.95.

The nut burger is a sweet, soft spread. It tastes like sesame and peanut and is served on whole grain bread with sprouts and carrots on the side. Five vegetarian burgers are served ranging from tofu to just vegetable sand-

wiches. The mushroom burger is recommended because of its solid texture and nutty flavor. Most sandwiches run about \$5.25 a piece.

There are five choices of pasta and five choices of sauce. The spinach fettucini and pesto sauce is a favorite, because of its large slices of mushroom and tomato and garlic herb sauce. The olive oil blends the flavors. The portions of pasta are large, about two and a half cups, and all come with inch thick whole grain garlic toast.

The organic steamed vegetable plate is low in fat and calories. It includes carrot, broccoli, sweet potato, onion, squash, and cauliflower depending on the season. The rice pilaf has sunflower seeds, herbs, and almonds. It comes with a choice of sharp cheddar cheese sauce or non-dairy mushroom gravy. Both are excellent.

The tacos and Greek spinach pie in filo dough "Spanakopita" are favorites. Both come with soup or salad. Beware of the carrots that come with the spinach pie. They tend to be oily.

All entrees are made with fresh vegetables, come in large portions, tend to be spicy, and are priced at about \$8.00.

Pizza and lasagna are served Friday starting at 4:00 PM until it runs out or closing time. Both dairy and non-dairy options are offered. The thick crust pizza has and oregano tomato taste with rich cheese and vegetables.

Dairy and non-dairy desserts, such as chocolate cake and blueberry pie, are priced at \$2.50. They are listed and varieties change daily.

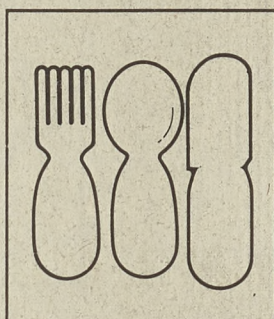
The full breakfast menu ranges from tofu soft tacos at \$4.95 to bagels at \$1.10. Bagels come with onions, tomato, and cream cheese on request.

Breakfast is served Monday through Saturday 7:00 AM to 11:00 AM. Sunday brunch is 9:00 AM to 2:00 PM. Lunch and dinner on Monday through Saturday go from 11:00 AM to 9:00 PM. Sunday dinner is from 2:00 PM to 9:00 PM.

Children are welcome. The children's menu includes pasta, grilled cheese, peanut butter and preserve sandwiches, and vegetarian hot dogs. These are priced between \$2.50 and \$3.50.

No alcohol is served. There is no smoking allowed. Fresh baked goods, take-out, and catering are available. The atmosphere is casual. People ask each other what to order.

Cash, check, and Mastercard is accepted. Follow Your Heart also sells health food, produce, jewelry, magazines, and herbs. It is located at 21825 Sherman Way in Canoga



VLADEN HOLEC / Valley Star

June Harwood adjusts mask

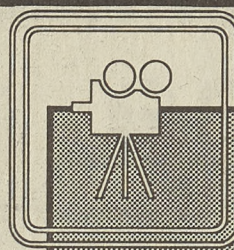
Art opening

continued from page 1

the picture though and has the photos beautifully framed as well.

Mossman inspects an African Ashanti doll placed on a pedestal, "Look, an African Barbie doll!" Harwood tells him to leave it alone, but he keeps insisting the piece is a Barbie doll as he examines the wooden figure. He decides it needs to be adjusted to show the articulation of hair on the back of the figure. Marrin chastises him for upsetting his curatorial expertise. They both laugh. The art department collections are intertwined, with several of the instructors purchasing from the same collectors or swap meets. They know each other well and give each other a hard time about each others taste in art. But at the same time they are serious.

The eclectic show will be up until the week before Easter Vacation in April. The hours are Monday, Wednesday and Thursday, 7 to 9 p.m., and Monday and Thursday 10 a.m. until 1 p.m.



Reel Reviews

By Amanda Pearce

Jean-Pierre Jeunet and Marc Caro's comic saga of love is set in a period outside of time, in what the director's call the "anterior future."

"Delicatessen" is a dark comedy. It takes place primarily in an old, decaying building, the only mark on which is a rusty "Butcher's" sign. The building is owned by the butcher. Within the crumbling exterior dwells an eccentric group of tenants, all of whose primary concern is what, or who, the butcher might deliver as their next meal.

The bright light of the story, a quick witted, optimistic former circus clown named Louison, arrives looking for work. He is hired, presumably to be killed for meat.

In the meantime however, a romance develops between Louison and the butcher's daughter, Julie. Julie tries to warn Louison of her father's strange nighttime rituals, forcing him to drug himself at night to be sure he doesn't wander around the building. The two make beautiful music together; she plays the cello, he the musical saw.

"Delicatessen" is a comical tale of love and cannibalism. The adjective that kept running through my mind from the opening credits to the brilliant visualizations, to the imaginative (and rhythmic) scenes, to the hysterical idiosyncrasies of the characters, to the very end, was...clever.

I strongly recommend keeping an eye out for this film's release-sometime in March.

By Andy Fishman

The Blues Brothers did it, but Bob and Doug McKenzie couldn't. This time it is Wayne and Garth who are trying to make the successful leap from the boob tube to the silver screen. It is easy enough for them to make us laugh for five to ten minutes, but could they come up with enough material for an entire film?

After seeing "Wayne's World" I can say assuredly say yes. Saturday Night Live regulars Mike Meyers (Wayne) and Dana Carvey (Garth) pull off the implausible feat.

The story line is basic, Wayne and Garth want nothing more than to do their their public access show, Wayne's World, for a living, while still having time to party and babe watch. Enter the sleazy T.V. executive, appropriately played by Rob Lowe. Who finds a stupid sponsor to back the show, and then works on exploiting the talents of our young heroes. It gets even worse when Lowe puts the moves on Wayne's new girlfriend. That's when Wayne, with the help of his friends, takes revenge on the producer.

Although the plot is a little contrived and monotonous at times, Meyers and Carvey keep you laughing throughout the film. The very cleverly placed cameos of actors like Ed O'Neill (Al Bundy), Laura Flynn Boyle (Twin Peaks), and rocker Alice Cooper merely make this film more enjoyable, when they could have just as easily gotten lost in the woodwork.

If your idea of a good film is one that makes you laugh with no deep emotional attachment or dramatic scene, then "Wayne's World" is a definite must see film. The jokes and comic scenes should have you laughing all the way home.

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Let the magic continue?

By Andy Fishman

Should Magic Johnson play in the 1992 Olympic games? Six months ago, this was a foolish question because it would have been met with a resounding yes. But since his November 7th admission of testing positive for the HIV virus, his status has been placed in limbo.

On February 9th, Magic's comeback started. He brought back memories of old as he poured in 25 points and 9 assists in just 29 minutes at the All-Star game in Orlando. The next step in his comeback is for him to decide if he wants to rejoin the Lakers for their playoff drive. The decision is his and his alone.

Originally his doctors told him that he would have to retire because the rigors of an 82-game schedule would be too much

and would take their toll on his body.

Commissioner David Stern said Magic has the clearance to play in both the All-Star game and the NBA, but some of his All-Star teammates have their doubts.

John Stockton, an All-Star guard with the Utah Jazz, in an article in the Daily News said, "As much as I respect and admire Magic, I still don't know if it is such a good idea to expose the rest of the [All-Star] team to such a serious virus."

Charles Barkley, a friend, fellow All-Star and Olympian, was quoted as saying, "I thought about phoning Magic to tell him not to play in the game. ...the All-Star game is a reward for the players who had a great first half of the season. Magic will be the center of attention, and that's not fair to the other guys."

As for playing for the U.S. Olympic team is concerned, the biggest challenge so far has been posed by the Australian team doctor saying, "If Johnson is allowed to play, the Aussies will boycott Olympic basketball."

Magic rebutted this statement saying, "This just shows this guy's ignorance of the disease. As of this date, there have been

no records of it being transmitted by playing basketball." Magic was backed up by the head of the Australian Olympic Committee who said that these statements were "purely unfounded," and that the Australians would not boycott the basketball competition.

Chuck Daley, head coach of the Olympic team and the Detroit Pistons, feels very strongly whether to let Magic play.

"Hey, people had no doubts about this guy's ability before the announcement, so why should his status as a basketball great change now because of some disease?" Daley told ESPN reporters.

Throughout his career, Earvin "Magic" Johnson has been not only the epitome of a great basketball player, but a consummate professional. There is no way he should not be allowed to play. This man not only revolutionized the position of point guard, but with the help of Larry Bird, he changed the whole sport. If the Olympics are supposed to show off the finest athletes America has to offer, it is impossible to leave Magic's name off the list.



NANCY VIGRAN / Valley Star

Forward Andrea Hoffman scored 9 points against College of the Canyons last Thursday, but to no avail. Valley lost 49-58.

Basketball

Lady Monarchs Upset

By Abram Morrison
Associate Sports Editor

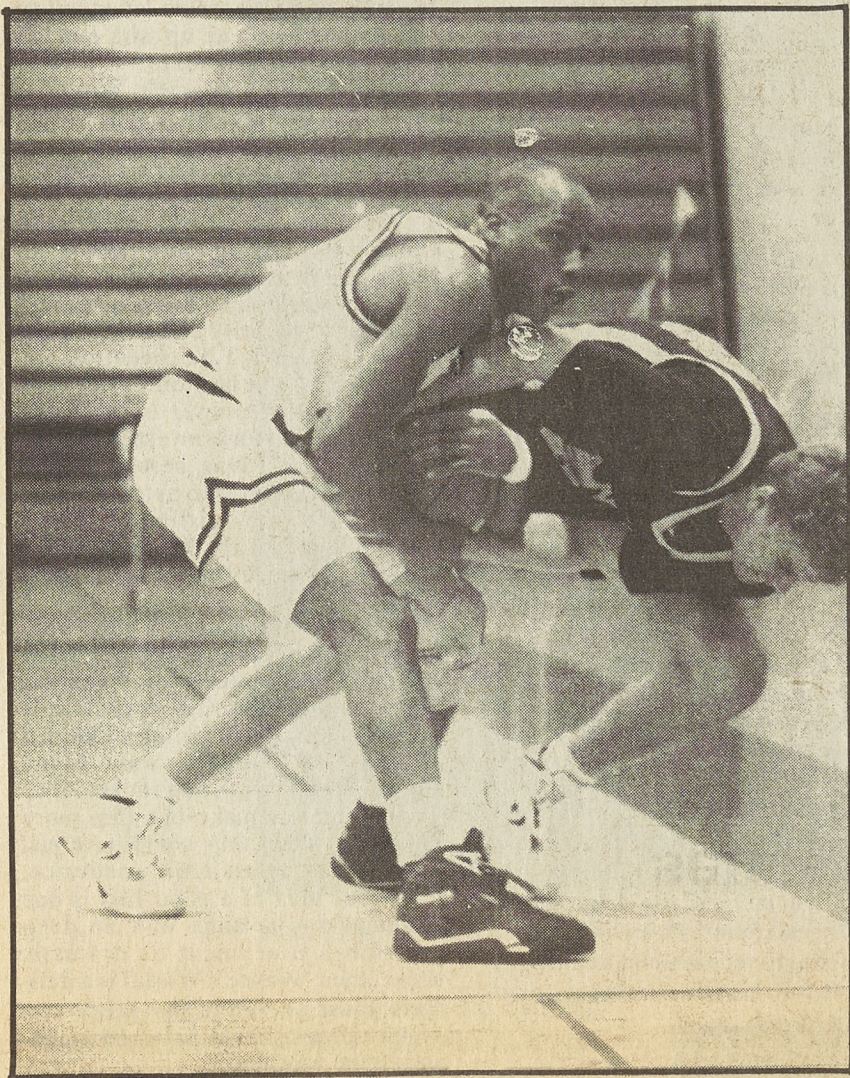
The Lady Monarchs rate number one in Southern California basketball and third in the state. They won 10 games in a row and have a perfect conference record of 11-0.

Shannon Solway, who ignored the pain in her knee, scored a game high of 15 points to lead Canyons to a 58-49 upset of Valley on Feb. 13.

Solway's teammate Reneta Vavrusa scored 12 points and grabbed 13 rebounds as Canyons improved to 14-14, 8-4. Valley fell to 25-4, 12-1.

Rosa Mendez led the Lady Monarch attack with 12 points. Valley led after the first 20 minutes of play, 29-17. In the second half, Valley was outscored 41-20.

Women go regional



UZI ASHKENAZI / Valley Star

Nathan Hall gave a great fight but it was not enough!

Valley basketball sets

By Abram Morrison

It was raining three pointers as 15 were made by the Valley Monarchs to set a school record against West Los Angeles. West Los Angeles was annihilated, 112-71 on Feb. 15.

The Monarchs improved to 16-13 5-3. Randy Brown's triple double of 22 points, 12 rebounds and 10 assists led Valley to an easy win. Five Valley players scored in double figures.

The Oilers Ijumaa Armstrong had a game high of 31 points.

Monarchs

By Kevin Bolt

The Valley Monarchs baseball team was rained out of last week's scheduled Casey D. Stengel Tournament in Cerritos. However, Friday, they were able to get in one make-up game against L.A. Harvard. "It was on real short notice," Head Coach Chris Johnson said. "I told the players at practice Friday and instead of practicing we were going to get in some experience before league started." Maybe the squad should have practiced instead.

L.A. Harvard improved their record to 10-2 and Valley slipped to 3-5 as the Monarchs got thumped 6-1. "We had a number of opportunities to score, but we just could not capitalize."

Heading into league play, which starts this Thursday, at Cuesta. Outfielder Tim Weir is the leading Valley hitter, batting at a .409 clip.



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